b99/2/low

Low Monoamine (LMA) Diet

The low monoamine diet is a regimen required for research. The purpose of the diet is to keep caffeine and certain amino acids low so that their presence does not alter the results of research tests. This diet will not cause harm and is not useful for other than scientific studies.

This diet is nutritionally adequate if you eat a variety of foods daily and in adequate amounts. Include selections from each of the major food groups (milk, meat, fruits and vegetables, breads and cereals).

Foods that you should avoid are listed below. Also pay specific attention to the "Guidelines."

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Avoid Completely

Milk and Dairy Products

Chocolate milk, buttermilk, yogurt, sour cream, (cottage cheese and cream cheese allowed).

Meat, Poultry, and Fish

All aged, smoked, pickled or tenderized meat, fish, and poultry (herring, lox, caviar, anchovies, game, pepperoni, dry summer sausage), chicken and beef liver, brain, bacon, sausage, luncheon meats, smoked ham, canned ham, frankfurters.

Fruits and Nuts

Avocado, banana, pineapple, canned figs, plums, raisins, prunes, oranges, fruit cocktail (with pineapple), walnuts. Avoid desserts and breads containing these items.

Vegetables

Eggplant, tomato, Italian broad beans, fava beans, sauerkraut.

Drinks

V-8® juice, tomato juice, prune juice, orange juice, chocolate, cocoa, wine, beer, any alcohol.

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Condiments
Nutrasweet® , ketchup, chili and cocktail sauce, olives, soy sauce, steak sauce, barbecue sauce, concentrated yeast and meat extracts (Marmite® , Bovril® , brewer's yeast).

Guidelines
1. Avoid foods made in combination with foods not allowed (macaroni and cheese, cheese omelet, nut (walnut) bread, cheese bread, fruit cake, mince pie).

2. Limit caffeinated beverages (coffee, tea, cola carbonated beverages) to one 8-ounce serving per day.

3. Limit fruits and fruit juices to seven servings per day. (One serving equals one piece of fresh fruit or 1/2 cup of fruit juice).

4. Limit vegetables to four servings per day (this includes potato or substitute). One serving equals 1/2 cup of this food.

5. Sweet 'N' Low® is allowed on this diet.

Suggested Meal Plan

Breakfast	*Lunch*	*Dinner*
juice	meat/fish/poultry	meat/fish/poultry
cereal	potato or substitute	potato or substitute
egg or substitute	vegetable or salad with dressing	vegetable or salad with dressing
whole wheat toast	fresh fruit	fresh fruit or dessert
margarine	whole wheat bread	whole wheat bread
2% milk	margarine	margarine
1 cup caffeinated beverage	decaffeinated beverage	2% milk
		decaffeinated beverage